

MEDIAN NERVE GLIDES

Perform **10 repetitions** of the following exercises, **3 times a day**

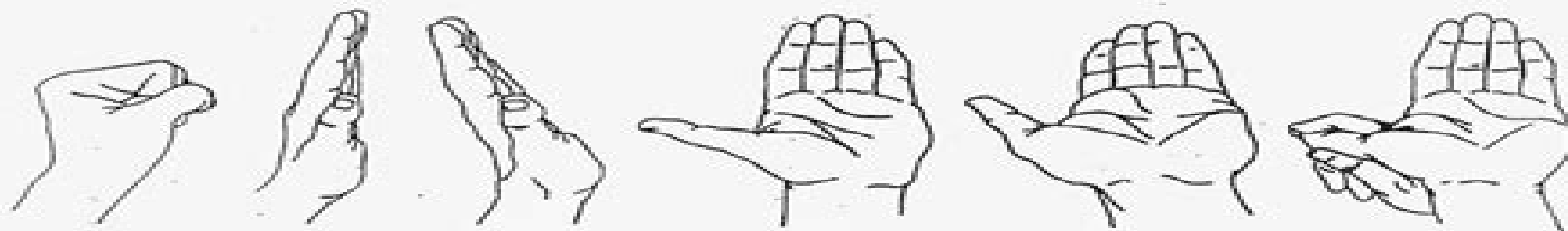
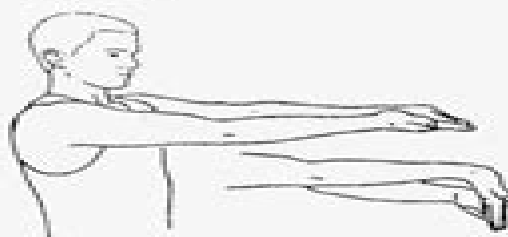


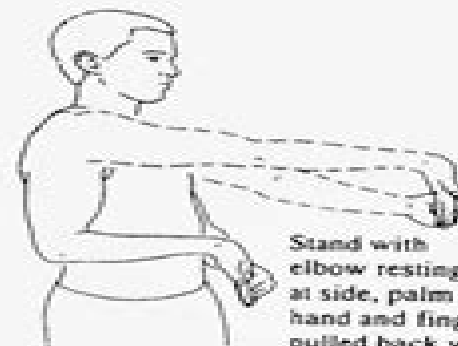
Fig. 34-5. The median nerve gliding program: *position 1*, wrist in neutral, fingers and thumb in flexion; *position 2*, wrist in neutral, thumb in neutral, fingers extended; *position 3*, wrist and fingers extended, thumb in neutral; *position 4*, wrist, fingers, and thumb in neutral; *position 5*, forearm in supination; and *position 6*, the opposite hand applies a gentle stretch to the thumb. (Redrawn from Tooten PA, Hunter JM: *Hand Clin* 7:505, 1991.)



Stand with elbow resting at side, palm up. Use opposite hand to pull hand back, fingers relaxed.

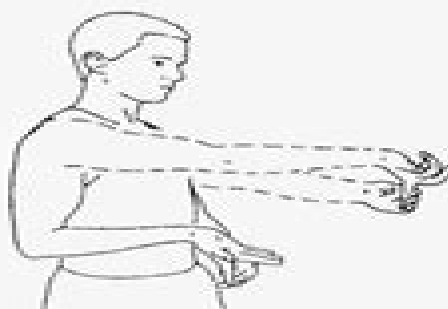


Stand with arm in front of body, palm up. Use opposite hand to pull hand and fingers back.



Stand with elbow resting at side, palm out and fingers pulled back with opposite hand. Keeping hand as fingers pulled back straighten elbow.

Stand with elbow resting at side, palm out, index finger and wrist pulled back with opposite hand. Keeping index finger and wrist pulled back, straighten elbow. Repeat with each finger.



Elbows at 90° angle and arms at shoulder level, hands and fingers pulled back, palms up. Alternate pressing hands toward ceiling.

Median Nerve Gliding Exercises Nehand

Katja Dremelj



Median Nerve Gliding Exercises Nehand:

The Carpal Tunnel Syndrome Treatment Katja Dremelj, 2014

Embracing the Track of Phrase: An Emotional Symphony within **Median Nerve Gliding Exercises Nehand**

In some sort of taken by screens and the ceaseless chatter of instantaneous interaction, the melodic beauty and emotional symphony created by the prepared word frequently disappear in to the background, eclipsed by the constant sound and interruptions that permeate our lives. But, situated within the pages of **Median Nerve Gliding Exercises Nehand** a stunning literary prize filled with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this interesting masterpiece conducts readers on a psychological journey, well unraveling the concealed melodies and profound influence resonating within each carefully constructed phrase. Within the depths of the emotional assessment, we shall investigate the book is key harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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